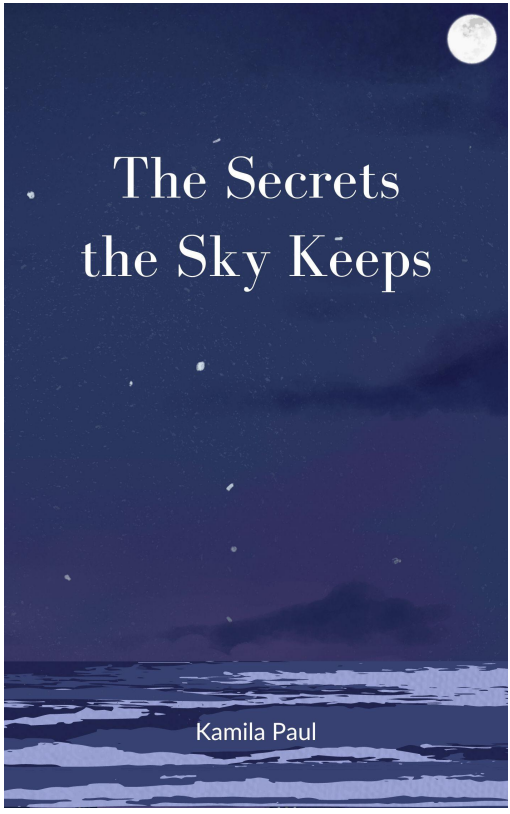
The Secrets
the Sky Keeps
Kamila Paul

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DEDICATION

To all those who went or are still going
through hard times alone.

INTRODUCTION

This book is for all those who ever felt alone in their struggles.
I hope this book offers some comfort and a sense of belonging.

Do be warned, you can expect some heavy topics including
depression, suicidal thoughts, chronic illness, trauma and more.

I am still here despite everything that tried to destroy me
and I hope you are too.

Read at your discretion.

only the sky knows what I whisper at night
only she knows the struggle of waiting
to break down when I'm all alone
she keeps secrets no one else
will ever know

- Kamila Paul

I'm scared of losing myself
after uncovering
what others made me bury
I'm scared I'd lose myself
if I get too close to someone else
I'm not ready to take that risk yet
because if I'm not me
then I'm someone I hate

make sure that who you are today
aligns with who you want to be

the "you" you suppressed growing up
is the "you" you need to get back now

I was brave, I was happy
until the world told me
who I should and shouldn't be
looking back
I wish I was strong enough
to not allow
the opinions of others to change me
because losing myself
and finding my way back
is one of the hardest
most heart-breaking paths
I ever had to take
it's okay to be who you are
and if you don't know who that is
listen to your heart, it knows

sometimes a hug is all it takes
for tears to fall like a waterfall
for the shattered pieces
to piece themselves back together
differently and uniquely
embrace what you went through
move on with the lessons learnt
but don't pretend it didn't happen
without it, you wouldn't be who you are

everything in my life
spins around one need
I'm happy, most of the time
but when I hit the lows
I wish someone would hold me
and tell me "it'll be okay"
nobody supports me
it's hard being alone
I might be used to it
but there are moments
when it hurts a little too much

I miss the easy days
the days when I was young and free
with no responsibilities
if only I knew then
that growing up is not what it seems
sometimes I wish to go back
to my early days
and stay with Peter Pan

I used to not see the beauty
in the world around me
took me many years to realize
just how calming it is
to watch nature do its thing
to feel the wind
and inhale the scents
thank you nature
for putting my mind at peace
you keep on saving me

everything that happens to a person
carries a lesson to be learnt
it might take years
to see through the haze
but if you keep looking
you will find it

“is it sad, being your own best friend?”

I used to think so

but the older I get

the more peaceful life gets

no drama, no issues

no support, no company

it gets lonely at times

that's right

but I’d choose peace

over toxicity

any day

don't be jealous of others' talent
to find yours
might take your whole life
while others find it as a child
it might be something so unexpected
you don't even realize
it was there the whole time

people will always judge
make sure they judge you
for something you actually enjoy

I regret nothing

I've done bad

I've done good

and learnt from all of it

letting go of perfection is mandatory
otherwise, you'll always be disappointed
some things will work out better
and some worse
that's life

“is it lonely to always be alone?!”
“no, not when you’re at peace within.”
the more at peace you are inside
the less lonely you’ll feel
until it disappears completely
and then something reminds you
what it would feel like
to have someone by your side
but it doesn’t stay long
so don’t worry
it's better to be alone
and sometimes lonely
than with someone
who makes you lonely
while they’re next to you

I often have this need
to change my life
I guess it's because
I'm not fully happy
I'm grateful for what I have
yet yearn for more
I will reach
whatever dream I've dreamed
piece by piece
and one day
it'll become a reality

don't live your life for others
you'd only end up losing yourself
in the process
being yourself
takes courage and strength
there will always be those
who'll tell you
who you should be
but only you know who you are
and who you want to become

grew up
having my emotions
and needs dismissed
labelled as made-up
now it's hard to believe
they were real
and always will be

need no one
to take care of me
no one
to keep me company
so used to being alone
painful truth hiding beneath
nobody had time for me
so I learnt to stay away
and deal with my own
can't ask for help
without feeling like a failure
and when someone offers
a helping hand
it's so foreign
are they laughing in my face?!

grew up
having my emotions dismissed
feeling like I don't matter
like everyone else's
emotions and needs
are more important
than my own
learnt people-pleasing
and burying my pain
but the pain is real
however big or small
don't let others shut you down

sometimes
my thoughts scare me
can't push them away
would never act on them
left wondering why they appear
but as long as my heart stays true
my mind cannot corrupt me

don't spend so much time
trying to change your body
that you forget to live in it
live as you are
do what you want as you are
the way your body looks
mustn't stop you
from doing whatever it is
that your heart desires
don't let your mind stop you
from living a fulfilling life

a beautiful soul
always conquers
a beautiful body

perfectionism

the endless circle

can't rest without feeling guilty

working till I drop

a love-hate relationship

always yearning to be perfect

refusing to let it win

fighting for my sanity daily

who knows what's coming
what the future holds
I'm terrified
tired and giving up
don't care for my life anymore
no hope left for this world

it's not always the darkness
that brings out the worst
sometimes
it's the first light of the day
a day you hoped
would be a good one
but you never know
what the dawn will bring
so live fully and be brave
or it might be too late
one day

alone but not lonely

not anymore

never knew what it's like

to be surrounded by friends

always on my own

people came and went

but in the end

I always end up solo

left to embrace myself

being single doesn't scare me
nor does being alone
but loneliness
she stabs my heart
till I bleed
then she leaves again
just to come back
when I least expect it

loneliness creeps in
without notice
sometimes she stays
for weeks
other times
for a mere day
the more content I become
with who I am
and what I have
the weaker she gets

on my own again
silent cries at night
darkness engulfs me
can't see myself
I kinda like it this way
enjoying the quiet
and solitude of the place
brings me peace of mind
so alone at nightfall
yet not lonely at all

I work on myself
day by day
so tired, exhausted
in need of a break
but then again
perfectionism haunts me
the moment I try to rest

you’re allowed to cry
whatever your gender or age
it's okay to cry
crying eases the pain
in our hearts
it's a release
in this world
where so much bad resides
cry your heart out
don't hold back the tears
only cause the world told you
you shouldn't
and that it's weak
it takes courage and strength
to withstand the waterfalls

I'm not scared of death
nor of what comes after
if I were to die right now
I would be at peace
it sounds reconciled
doesn't it?
but the truth is
no one and nothing
holds me back
don't get me wrong
I do not wish to die
I'm simply ready
for when the time comes
make sure you are too
make sure you have lived well
and fulfilled your dreams

wherever you go

whatever you do

make sure you are ready

ready to meet the end

make sure you have no regrets

and words left unsaid

happiness
it hides in the smallest of things
the sun that returns every day
the stranger who helps
unlike everyone else
be grateful for the tiniest of things
that's what attracts contentment

we go through different phases
in our life
some happier than others
some as grim
as a starless sky at night
wherever you are today
know good times will return
just like the sun does
every day

why haven't I reached my goal yet?
been working relentlessly
years in the making
still waiting
never been patient
life keeps teaching me
I wait and I wait
hate it more every day
but that's what it takes
what's meant for me
will come my way
even if it's not
what I expected

it's Saturday night
lying in bed
darkness surrounds me
the world's so quiet
only my headphones
playing the saddest of songs
I admit I'm lonely
have been too often lately
I wish to watch the stars with you
dance around the kitchen
like we used to
but you're gone
I keep hoping
that one day
I'll find my love
the one person
who sticks around
and treats me nice

I'm struggling
these days have been hard
it's depression again
the friend I thought
I left behind
she still haunts me
from time to time
been feeling way too lonely
lately
surrounded by people
but nobody who'd listen
nobody who'd care
so I hide the pain
I know better days will come
just have to wait it out
this isn't the end

don't judge my choices
you haven't lived my life
haven't felt the pain I endured
didn't think I'd survive it either
but it's not like life asked
I'm used to living on the edge
sometimes hanging off
but always strong enough
to pull myself up again
eventually

I wonder what could be
what never will
and what only exists
in our minds
do we even live a real life?
or an artificial one?
do we spend all the time we have
in our head filled with clouds?
so lost in worries and anxiety
about the what-ifs
but what about
the what-if-nots?
so much fear we carry
it weighs down our hearts
and yet we never take the chance
to change our lives
we fear and we fear
but the biggest fear to fear
is time

don't want to be here
this place makes me feel
like quicksand's swallowing me
I'm tired, I want out
move a world away
I have a plan
but am being held back
there's nothing more to do
than wait for the day
when I take the flight
and find my place
far away from this one

I'm in pain
physical and mental
how do I leave my body?!
sleep and rest do nothing
I get called lazy
people expect me
to keep up with them
when I can barely
take care of myself
I'm so tired of trying
nobody sees how much
I'm struggling

day-to-day the same
yet the time flies
years have passed
in the blink of an eye
and I wonder how
has everything changed

I'm dealing with problems
that aren't mine
expected to cook and clean
take care of their pets and kids
always free when they need me
but forget to ask if I'm willing
I listen to their issues on a daily
but who listens to mine?

time is the scariest of all
scarier than the judgment
written on strangers' faces
not having enough time left
with loved ones
not saying the words
while you still have time
surviving by mere seconds
time is the most powerful of all
live it while you still have it

I used to be stuck
hating my life
never improving
always staying the same
waiting for something
years went by
yet time
seemed to have stopped
I had to make a change
I chose to go after my dreams
it took years of ups and downs
wasn't easy by no means
there's nothing to wait for
take it step by step
it will get better
then bad again
but the good
always returns
in the end

healing isn't easy nor linear
it's difficult, painful and messy
one day it seems
as if you're fully healed
and the next
you're back at the beginning
but if you want to heal
you will stay on this hazy path

these days
all I feel is exhaustion and agony
dragging myself through the days
surviving on painkillers
sleeping more than usual
waking up in pain
pulling this dead weight
I wish I had the answers
to what's happening

living with an invisible illness
feels like constantly tugging
a one-tonne rock
what makes it even harder
are the people around
who don't see it
they assume you're fine
just living your life
but you're struggling
every day
some days
you can barely make it out of bed
some, you can't even do that
it's painful, it's heavy
but people's opinions
hurt more than the illness itself
doctors making you feel like a fraud
but your pain is real
and you deserve help

there are days I wonder
why I'm still here
walking this earth
then I remember
this isn't the first time
there will be a time again
when I'm grateful to be alive
with all the pain and sadness
that I carry today
I still have hope and dreams
I yearn to achieve
sometimes you must push
for better times
other times
they come as they please
so stay
it does get better

never knew
what love feels like
it was never given
but always taken
always unhealthy
and ended in pieces
I only found love
when I stopped looking for it
when I stopped wishing
and pretending
to be someone I wasn't
that's when love came
from within

if they can't treat you
with basic respect and decency
they aren't worth
your time and headspace

sometimes what we want
as an individual
cannot be compromised
by what we want as a couple

so used to being alone
after being betrayed
and outcasted before
I no longer know
how to get close to others
yet I yearn
for at least one
real relationship

listening to your loud snores
so annoying yet so cute
I enjoy it while it lasts
because I know I will miss it
when you're not around
you're the one
who makes me smile
so please stay with me
for a long while

no family is perfect
as is no person
but where there is love and care
that's as near perfect as it gets

love's meant to take you higher
and influence you to be better
not the other way around

I tried to hate you
you're the cause
of everything falling apart
never left my side
never felt good enough
it'd be a lie to say I'm not jealous
of loving homes
their hearts warm
mine stone cold
love could've saved me
from years of darkness
and a lifelong trauma
this rocky road
made me into who I am
mom & dad
you did what you could
some days loving you is hard
some days it's easier
yet never easy

you don't believe me when I say
"I care and share your pain"
can't help but empathize
my heart's breaking to pieces
wishing to absorb all your pain

I'm jealous of the couples
I see here and there
everywhere I step
I wish to be like them
hatred for dating apps
hurts more than helps
pretending to be perfect
what a generation we became
one day when our kids ask
"how did you meet?"
what will we say?!
just how far
are we willing to go
we're ruining ourselves
crumbs of humanity left

it is only in times
of need and struggle
that you find out
who's truly got you
we're all busy
but when someone cares
you'll know for it shows
so don't entertain those
who don't

I know I hurt you
you hurt me too
I wanted to apologize
but did you?

afraid of our emotions we were
and look where it got us
alone and in despair
and so we shall remain
till we change

why did you leave so soon?!
I miss you today
more than yesterday
if only you'd still
hold my hand
brush my hair
and squeeze me tight
I've got nobody to rely on now
reminds me of all the times
before you came into my life

you disrespected me
lied and crossed me
I wanted out
that much's true
I saw a way and took it
my best was never enough
I gave up, stood you up
can't blame me for doing
what's best for me
after everything I did
for you

the words unsaid
I wish to go back
we're no longer there
things could've been different
if only we weren't afraid
to be honest

ABOUT THE AUTHOR

Kamila Paul is a poetry writer who only started writing and posting her poetry on Instagram in 2021. What was just a release turned into countless poems and a new-found obsession.

Kamila's poetry touches on many topics like relationships, love and mental health but also sensitive topics like suicide, chronic illness, trauma and more. Having struggled with all these topics, she shares her thoughts to make readers feel less alone in their hardships.

For more poetry, visit **Instagram: @kamila_ _paul**